

Report on

Efforts of Urban Mitranins in Screening, Referral and Follow-up of Hypertension in Chhattisgarh



State Health Resource Centre, Raipur

Background-

In our country, crores of people are suffering from hypertension. Even in Chhattisgarh state, numbers of hypertension cases are increasing by every year. Hypertension is a non-communicable disease that cannot be detected without examination. Since it is difficult to detect without examination, so, there is always risk of being paralysis, heart attack and in severe cases there is a chance of death. Thus, identification of the cases, their diagnosis and providing them proper treatment is very much necessary.

Under the Urban Mitadin Program, efforts are being made by Mitadins to make the community people especially people above 30 years of age aware on examination and treatment of hypertension.

Objective –

- Screening (taking Blood Pressure measurement) of the people to identify hypertension cases.
- Making people aware of the adverse effect of not being treated.
- Helping hypertension cases to avail services like screening and treatment from the government hospitals.
- To prevent people from risk of hypertension and to reduce the hypertension related death rate.
- Monitoring and ensuring that the patient with hypertension takes medicines regularly.

Reason of Hypertension patients not getting themselves treated –

Under Urban Mitanin programme, discussions were held in the community to identify the reasons that why hypertension patients are not getting treatment. According to the community, the main reasons are-

- Difficulty in identifying symptoms,
- Distance of PHC from community is far,
- People's assumption that BP examination is not necessary,
- Unavailability of enough money to pay towards transportation cost,

Training of Mitanins –

It was found that people had fear for Blood Pressure examination and ignorance about the detection and treatment. So realizing the above, State Health Resource Centre, Raipur provided training to all Mitanins of 19 cities under three rounds of training



on each and every aspects of Blood Pressure measurement and further treatment processes. Even trained Mitanins were provided with BP machines.

First Phase of training – As pilot project, the first phase of training started in June 2019 covering 231 Mitanins of Raipur urban areas. The training was on identification of symptoms and treatment of hypertension cases. Mitanins were trained on how to measure Blood Pressure with electronic BP machine.

Second phase of training – Looking at the successful effort of previously trained Mitanins in screening and treatment follow-up of hypertension patients, another 747 Mitanins of Durg, Birgon, Charoda, Bhilai and Raipur were trained in January 2020.



Third phase of training – During third phase, remaining 2371 Mitanin from 19 cities were provided BP training in June-July 2020.



Current work of Mitanins-

- Mitanins are regularly taking Blood Pressure measurement of new as well as old cases.
- Mitanin's are conducting regular visits to the house of hypertension patients to monitor drug consumption and also to advising them about healthy food habits.
- Mitanin are keeping record of all new and old cases.
- Mitanins are referring those patients to the hospitals whose Blood Pressure level is not normal even after taking the drug for further medication.

City wise information on BP measurement and treatment (December 2020)

No	City	Number of mitanin given data	No. of identified BP patients so far	No of identified patients whose BP was checked last month	No of BP patients found to be fine	No of patients taking medicine regularly	No of people (above 30yrs) whose BP measurement has been done	How many of them had high BP	How many visited hospital	No of confirmed BP patient started medicine
1.	Raipur	975	17482	8453	6585	7002	74951	12502	7756	3687
2.	Birgaon	99	1043	858	741	760	6538	466	349	188
3.	Jagdapur	101	2135	837	549	641	847	115	78	44
4.	Charoda	97	2419	836	569	763	8299	1443	606	236
5.	Dhamtari	103	3246	776	586	676	765	111	86	65
6.	Ambikapur	94	1373	934	710	841	703	206	158	117
7.	Chirmiri	165	3013	1585	1279	1209	1512	123	103	74
8.	Rajnandgaon	138	3096	1299	887	1205	1056	141	67	48
9.	Raigarh	163	3185	1319	1154	1119	1105	101	49	35
10.	Kanker	36	548	337	264	330	211	42	18	10
11.	Mahasamund	53	540	175	95	160	221	25	19	7
12.	Bhatapara	52	902	259	240	238	975	85	62	10
13.	Mungeli	30	674	208	176	180	323	16	10	4
14.	Janjgir	28	471	159	105	138	215	34	16	2
15.	Kawardha	30	529	268	205	265	410	30	20	6
16.	Bilaspur	410	5711	3588	2803	2427	4165	305	242	170
17.	Bhilai	451	13210	4864	3426	4242	29266	5038	3073	734
18.	Korba	375	5521	2435	2055	2194	5131	766	295	168
19.	Durg	233	6215	1613	1336	1420	11909	1280	507	201
	Total	3692	71313	30803	23765	25810	148602	22829	13514	5806

Success Stories

Story-1

A 43 year old woman was having problem in breathing. She went to the mitanin for help. Mitanin first checked her BP and found it to be very low. Mitanin made ORS and gave it to the woman to drink and after seeing the situation Mitanin took her to the AIIMS. After



investigations, the doctors told that the woman's heart valves have shrunk and hence there is difficulty in breathing and an operation is required. The woman's family took her to the hospital in Hyderabad where she underwent an operation. Now the woman is healthy. **Anita Chandel, Ward No.1, Raipur**

Story-2

Rajkumari was always feeling sick. Whenever she had any kind of wound/bruise it would take long time to heal. She was also feeling dizziness and was not able to see things clearly. Mitanin Chandra of that para has got BP training and was given BP machine.



During family visit Rajkumari shared about her problem to Mitanin Chandra and after listening to her Mitanin checked her BP and it came around 180/100. Mitanin checked her BP two to three times to be sure, but every time her BP

was showing on a higher side. Mitanin immediately took her to the district hospital. During Rajkumari's investigation at the district hospital her BP was found to be on the higher side and she was also diagnosed with sugar disease. Doctors had started the BP and sugar medicines of Rajkumari. Mitanin goes to Rajkumari's house regularly and advises her about healthy food habits and taking medicine regularly. Rajkumari's Health has improved a lot since she started taking the medicines. **Chandra nath – mitanin, Rajiv nagar, ward No.33, Akash nagar, Jagdalpur**

Story-3

Under the Mitanin programme, Mitanin Pooja Jharia was given BP training. After the training, Pooja went to meet her sister, her sister shared that she was feeling heaviness in her brain and also experiencing dizziness. Mitanin checked her BP and it was 160/112. Mitanin checked her BP two to three times in a while, but every time BP was on higher side. Mitanin took her sister to the UPHC for checkup and her BP was also shown at higher side. Medicines were given to her and Mitanin advised about healthy food habits and taking medicine regularly. After two days Mitanin again went to her sister's house and checked her BP and it came normal. **Puja jhariya – mitanin, ward no. 11, budhadev para, kawardha**

Story-4

There was a person in Mitanin Uma Sharma's para and was always complained headache and used to take paracetamol from the Mitanin. After BP training Mitanin got the BP machine, she checked the BP of that person and it came around 180/100. Mitanin



immediately sent him to the hospital. The doctor checked his BP and there also his BP came high. Doctor asked him to get admitted in the hospital but he came back by making excuse that there is no one in the house. The person was paralyzed after coming back to home. Mitanin took him to hospital and they admitted and treatment started. After some days he got discharged from the hospital. Mitanin used to visit him regularly and checked his BP and also advised him about healthy eating habits. That person is the only earner of the family so because of his illness there was scarcity of food at home. Mitanin and the MAS committee members arranged ration for the family. **Uma sharma – Mitanin, Aamapara, ward no. 7, kanker**

Story-5

There is a person named Motilal living in the para. His health was not good and Mitanin used to ask him to go to hospital for regular BP checkup but he did not listened. When the Mitanin got her BP machine after her training, she checked BP of Motilal which was 190/104. When the Mitanin saw his mouth she found it

to be slightly twisted and foam was coming from his mouth. Mitanin immediately took Motilal to hospital where the doctors checked his BP and told him that he came at the right time or else he could have suffered from paralysis. Motilal's treatment was started immediately. Motilal treatment at the right time averted the risk of paralysis. **Gaytri vishvkarma – mitanin, Ward no.14, charoda**


